

A blurred background image of a golfer in mid-swing on a green field. The golfer is wearing a dark shirt, white socks, and white shoes. A golf club is visible in the foreground.

# GET OFF YOUR DUFF

Make sure everything's up to par. Colorectal cancer is preventable, but only if you catch it early. If you're a man 50 or older, schedule time for a screening today. Then you can hit the links.



# You Don't Have to Have Symptoms to Have Colorectal Cancer

In Iowa and the US, it's estimated to be the #2 killer of men. Screening can detect cancer early or even prevent it. It can save your life!

Several screening tests are available and most insurance companies pay for all or part of the cost.

***Contact your health care provider today to schedule your screening.***

**For more information, call 1-800-237-1225 or visit:**

**[www.idph.state.ia.us/IGS](http://www.idph.state.ia.us/IGS) • [www.canceriowa.org](http://www.canceriowa.org)**



\*People who are at increased risk of colorectal cancer because of family history or medical conditions should begin colorectal cancer screening before age 50. Ask your health care provider for more information.

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